

YEAR 11 Personal, Social, Health and Economic Education (PSHE)

Curriculum overview – how we have mapped our PSHE topics alongside Relationships, Health and Sex Education (RSHE)



Focus		Curriculum Content	Students will learn	Links to other curriculum areas	Workshops/external providers
Summer 2	Study, work and careers.	Exploring career choices and pathways, work experience, and applications for study or work.	- how to identify career preferences and navigate the careers landscape - how to map a career path - how to make a good impression and prepare for work experience - how to reflect on and build on the learning from work experience	Careers Programme	
Autumn 1	Life-long wellbeing.	Revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.	- about mental health and wellbeing throughout life - how to manage distractions - how to recognise and change unhelpful thinking habits - how to seek help and support for mental health - how to manage stress and tension when preparing for exams - how to manage change, loss, grief and bereavement - about the importance of sleep for wellbeing		
Autumn 2	Drugs and personal safety.	Supports students to understand the	- how to assess risk in relation to drugs and substance use - how to manage influence relating to drugs	KS4 National Curriculum, Science,	Thames Valley Police - Tackling VAWG LifeLab: What's the

		risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support.	- and risky situations • how to seek help and support in relation to substance use • how gang involvement might start, and its risks and consequences • strategies for getting out of, and staying safe from, gang involvement • how to look out for one another and respond to violence against women and girls (VAWG) • about the risks and problems associated with vaping	Chemistry and Biology KS4 National Curriculum, Citizenship	problem with vaping?
Spring 1	Safe relationships and sexual health.	Helps students recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health.	• how to recognise healthy and unhealthy relationship behaviours • about power and control in relationships • how to set boundaries, manage conflict and breakups, and get help • about choices related to sex and contraception • about sexual health and how to access sexual health services	KS4 National Curriculum, Science, Biology	CEOP - Exploited NSPCC: Talk Relationships You Before Two: Contraception choices
Spring 2	Families, fertility and pregnancy.	Explores family life, including committed relationships and parenting responsibilities, fertility and routes to	• about long-term commitments and the legal status of marriage • about parenting responsibilities • about fertility and routes to parenthood • about pregnancy outcomes • about pregnancy choices, including in the case of unplanned pregnancy	KS4 National Curriculum, Citizenship KS4 National Curriculum, Science, Biology	British Fertility Society: A guide to fertility University of Essex: Communication matters University of Exeter: Modern families

		parenthood, and options in the case of unplanned pregnancy.			
Summer 1	Online financial harms.	Supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation.	• about making money online, including the rights and risks of cryptocurrencies • how to manage controlled and uncontrolled online spending and gambling • how to recognise and respond to online financial exploitation • about money laundering and how to avoid involvement • how to recognise social engineering and online fraud	KS4 National Curriculum, Computing	CIFAS - Anti-fraud education Financial Literacy and Inclusion Campaign (FLIC) Motor Insurers' Bureau: Being a responsible driver